STEADY

Workshop Series

This 6 workshop series teaches you to manage stress & anxiety + learn to be steady in any situation.

DANA
HYPNOTHERAPY

Dana Ellbogen is a Clinical & Medical Support Hypnotherapist, a fellow of the International Board of Hypnotherapy and founder of Dana Hypnotherapy. Dana is dedicated to helping individuals achieve their goals by accessing their inner guidance. She specializes in stress management, medical support and performance enhancement. She customizes her work for individuals, groups and corporations. She has a partnership with Northwestern University Kellogg School of Management where she provides various workshops for the full time MBA students.

To learn more about Dana and her services, visit DanaHypnotherapy.com.

STEADY – This 6 workshop series teaches you to manage stress & anxiety + learn to be steady in any situation.

This program is for:
- Individuals who are tired of the constant stress and anxious feelings in their daily life and are looking to take back control and feel good now
- Corporations who want to provide their employees with tools to help them manage their well-being at home and on the job

This program includes:
- 6 in-person or on-line training sessions
- Self-discovery exercises associated with each lesson
- Guided self-hypnosis with each lesson

Workshop 1
S - Self-reflect. Observe what is happening within your mind, body and spirit. Learn the causes, symptoms and types of stress and identify where and how you experience them.

- Learn what stress is and how it affects your autonomic nervous system
- Understand the different types of stress
- Learn the common symptoms of stress
- Identify where stress shows up for you (Self-discovery exercise)
- Receive guided hypnosis for calm

Workshop 2
T - Be True to yourself. Remember who you are and your divine nature. Uncover your deepest limiting thought about yourself and the decisions you've made as a result of it. Learn to reverse that thought and uncover your true potential.

- Discover your true nature
- Identify your deepest negative thought about yourself
- Learn to reverse that negative thought
- Identify those decisions or life choices that resulted from that negative thought (Self-discovery exercise)
- Receive guided hypnosis for self worth

Workshop 3

E - Empower yourself by becoming aware of beliefs that don't serve you. Reverse and amend those false beliefs and create new ones to enhance your life.

- Understand what a belief is and how it drives emotions and activates the autonomic nervous system
- Identify positive and negative beliefs (Self-discovery exercise)
- Reverse/amend negative beliefs (Self-discovery exercise)
- Receive guided hypnosis

Workshop 4

A - Accumulate new skills and resources to handle stress in the moment. Think back to individuals who are composed during stressful situations. Identify the traits you admire in them and learn how to develop those traits within yourself. Discover new and positive ways to support and nurture yourself.

- Learn supportive skills and behaviors
- Identify people you admire and why (Self-discovery exercise)
- Identify new skills and behaviors you can adopt (Self-discovery exercise)
- Receive guided hypnosis for supportive skills and behaviors

Workshop 5

D - Design specific suggestions, affirmations and imagery to program into your mind so that you obtain the results you desire. Learn how to create effective scripts from the knowledge you gained in steps S through A.

- Learn how to write suggestions
- Understand the keys to good imagery
- Design your own suggestions and imagery (Self-discovery exercise)
- Develop a positive resource anchor
- Receive guided hypnosis utilizing your resource anchor

Workshop 6

Y - Yield the results from your work and discover the new you. Uncover the power of your mind, learn to do self-hypnosis and reap the benefits.

- Understand the model of the mind
- Learn self-hypnosis
- Perform self-hypnosis with minimal guidance
- Learn Coue style self-hypnosis
- Perform Coue style self-hypnosis with minimal guidance

Pricing for the program varies depending on group size.

Program customization may be available for your organization.